

**When we say...that's so [R-word]!**

**What we could say instead is...**

**When we say... that's so lame!**

**What we could say instead is...**

**When we say... she was blind to the facts of the situation.**

**What we could say instead is...**

**When we say... the director's announcement fell on deaf ears.**

**What we could say instead is...**

**When we say...the campers are driving me  
crazy/insane/mental!**

**What we could say instead is...**

**When we say... I'm so OCD about how I fold my clothes.**

**What we could say instead is...**

**When we say... I'm so ADD today.**

**What we could say instead is...**

**When we say... I'm going to help you cross the street  
[grabs elbow of person with a service dog without  
waiting for a response.]**

**What we can say/do instead is...**



**When we say (during prayer)...please rise.**

**What we could say instead is...**

**When we say...everyone has to participate- this isn't hard!**

**What we could say instead is...**

**When we say...you don't look like you have a disability-  
you seem so normal!**

**What we could say instead is...**

**When we say... my campers with disabilities are inspirational!**

**What we can say instead is...**

**Your turn! What other things do we say/do that have ableist connotations without thinking about it?**

**When we say/do...      What we could say/do instead is...**